



Food and Fitness

Finding Fiber

Dietary fiber can be found in foods like fruits, vegetables, grains, and beans. Fiber is important for maintaining a healthy lifestyle. Fiber in the body is used for digestion, helping to stabilize blood sugars, can help lower cholesterol, and can help aid in weight loss. Adding fiber to your diet or making sure you are eating enough fiber is easier than one may know.

There are two different types of dietary fiber, soluble and insoluble. Both kinds of fiber are important for the body and both type of fiber are found in plants and grain foods. Also, both kinds of fiber are forms of carbohydrates. However, they do not break down during digestion like other carbohydrates do. Instead, fiber travels through the digestive tract to help slow down the digestion time and to make stool soft.

What's the difference?

Soluble fiber is soluble in water. When in the presence of water, this type of fiber absorbs water and creates a gel-like substance. Soluble fiber is responsible for helping to moderate blood sugars and lower cholesterol. Rich sources of soluble fiber are oatmeal, nuts, beans, apples, oranges, carrots, and berries.

Insoluble fiber is the type of fiber that doesn't absorb or dissolve in water. Insoluble fiber is known for its benefits to digestive health, reduces the risk of constipation and occurrence of hemorrhoids. Sources are fruit skins, seeds, and whole grains.

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Finding Fiber

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When it comes to fiber, it is recommended that adults consume 20- 35 grams of fiber per day. Fiber is easy to find in many foods. Easy ways to add fiber to your diet include but are not limited to:

- Eat whole fruits and vegetables with skins (when possible)
- Choose whole grain products instead of refined grains
- Use wheat flour instead of white flour
- Eat more beans or legumes (peas, lentils, beans... etc.)

Eating fiber can have a positive effect on the body. Fiber makes you feel full for a longer period of time due to the slower digestion time. Try adding more fiber into your diet!

Chef Solus Favorite Top High Fiber Foods

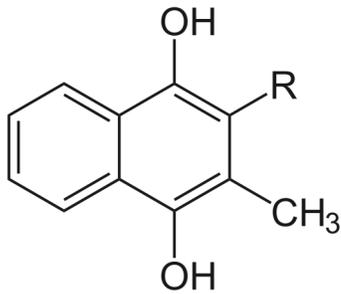
Grains and Pasta	Serving size	Total Fiber (grams)
Whole wheat flour	1 cup	14.6
Spaghetti, whole-wheat	1 cup	6.3
Whole wheat bagel	2 oz	6
Whole wheat English Muffin	1 each	4.4
Whole wheat bread	1 slice	1.9
Breakfast Cereals	Serving size	Total Fiber (grams)
High fiber cereals	1 ounce (1/2 cup)	10-14
All Bran Cereal	1/2 cup	10-13
Raisin bran	1 oz (3/4 cup)	5.4
Bran flakes	1 oz (3/4 cup)	5.1
Oatmeal	1 cup	4



Chef Solus Favorite Top High Fiber Foods

Legumes, Nuts and Seeds	Serving size	Total Fiber (grams)
Lentils	1 cup	15.6
Black beans	1 cup	15
Lima beans	1 cup	13.2
Kidney beans	1 cup	14.6
Baked beans, canned	1 cup	10.4
Almonds	24 nuts	3.3
Peanuts	28 nuts	2.3
Vegetables	Serving size	Total Fiber (grams)
Peas	1 cup	8.8
Potato, baked with skin	1 medium	4.4
Corn	1 cup	4.2
Broccoli	1 cup	4.6
Popcorn, air-popped	3 cups	3.6
Carrot	1 medium	2
Fruits	Serving size	Total Fiber (grams)
Pear	1 medium	5.1
Blueberries	1 cup	3.5
Apple, with skin	1 medium	3.3
Strawberries	1 cup	3.3
Orange	1 medium	3.1
Prunes	3 medium	3
Banana	1 medium	3
Apricots	1 medium	2.6
Raisins	1/4 cup	1.5





Vitamin K ?

Functions

There are 3 different forms of Vitamin K. Two are naturally occurring and one is synthetically made. One of the natural occurring forms (Vitamin K1) is found in green plants and the other (Vitamin K2) is naturally occurring in the gastrointestinal tract. The main function of Vitamin K is its role in blood clotting.



Daily Amounts Needed for Adults 50 and Older:

Recommended Daily Allowance for 51+ years of age:

Men – 120 µg/d*

Women – 90 µg/d*

*These numbers may be different depending on medications one is taking.



Sources

Vegetable Oils

Celery

Green Leafy Vegetables

Asparagus

Liver

Broccoli

Deficiency

Deficiency in Vitamin K can cause prolonged bleeding, easy bruising, frequent nose bleeds, and blood in stool or urine.

Toxicity

Toxicity in Vitamin K can cause a condition called hemolytic anemia in which the red blood cells are destroyed and removed from the bloodstream before their normal lifespan is over. Also, toxicity can interfere with anticoagulant medication.



Quick Morning Beans and Fried Egg

Serves 4

Ingredients

- ♣ 2 tablespoons butter
- ♣ 1 medium onion, finely chopped (about 1 cup)
- ♣ 2 medium garlic cloves, finely chopped (about 2 teaspoons)
- ♣ 2 (15.5 ounce) cans of cannellini beans, drained and rinsed
- ♣ 1/2 cup ketchup
- ♣ 2 tablespoons light brown sugar
- ♣ 2 teaspoons Worcestershire sauce
- ♣ 1/2 cup water
- ♣ Kosher salt and freshly ground black pepper
- ♣ 4 slices bread, toasted
- ♣ 1 tablespoons olive oil
- ♣ 4 eggs

Instructions

- ♣ Heat butter in a medium non-stick skillet over medium high heat until melted. Add onions and garlic and cook, stirring, until soft, about 4 minutes. Add beans, ketchup, brown sugar, Worcestershire sauce, and water. Stir to combine. Bring to a simmer and cook until liquid is reduced, about 5 minutes. Season to taste with salt and pepper. Remove from heat and keep warm.
- ♣ While beans cook, heat olive oil in a non-stick skillet over high heat until shimmering. Add eggs, season with salt and pepper, and cook until whites are set but yolks are still runny. Divide toast between 4 plates, the top with beans (or place on the side) then top beans with eggs.



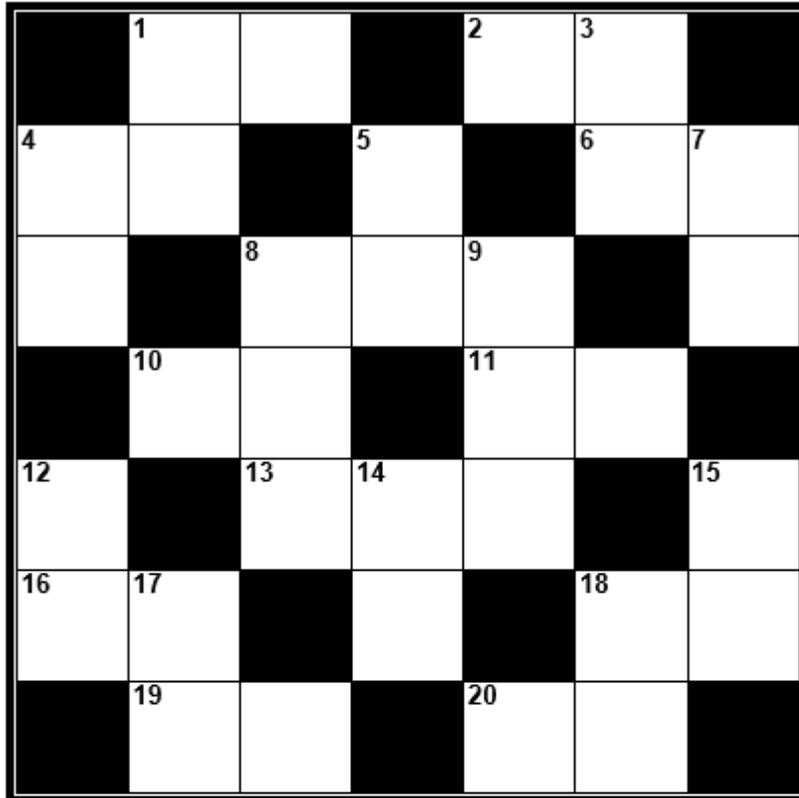
Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!



Cross Figure #79

Y. Dvir



ACROSS

1. Mean of 1 down and 7 down
2. 4 across plus ten
4. Three fifths of 12 down
6. A square
8. 1 across squared
10. Twice 11 across
11. 1 across plus 2 across
13. 2 across squared
16. 10 across minus 12 down
18. Twice 4 across
19. 2 across plus 5 down
20. A square

DOWN

1. See 11 across
3. Twice the square root of 6 across
4. One and a half of 3 down
5. 4 across plus 7 down
7. 2 across reversed
8. 7 down squared
9. 4 across squared
12. 16 across minus 17 down
14. Twice 2 across
15. 19 across minus 11 across
17. A square
18. Twice 15 down



Brain Exercise Answers on Page 8

MARCH 2016

March Monthly Observations

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Peanut Butter Lover's Day	2 Old Stuff Day	3 Peach Blossom Day	4 Employee Appreciation Day	5 National Salesperson Day
6 Dentist's Day	7 National Crown Roast of Pork Day	8 International (Working) Women's Day	9 Panic Day	10 Popcorn Lover's Day	11 Johnny Appleseed Day	12 Plant a Flower Day
13 Jewel Day	14 National Potato Chip Day	15 National Agriculture Day	16 Everything You Do Is Right Day	17 Saint Patrick's Day	18 Supreme Sacrifice Day	19 Poultry Day
20 International Earth Day	21 Franchise Day	22 National Goof Off Day	23 Near Miss Day	24 National Chocolate Covered Raisin	25 Waffle Day	26 National Spinach Day
27 Easter Day	28 Something on a Stick Day	29 Smoke and Mirrors Day	30 National Doctor's Day	31 Bunsen Burner Day		

- ♣ National Nutrition Month
- ♣ Irish American Month
- ♣ Music in Our Schools Month
- ♣ National Craft Month
- ♣ National Irish American Heritage Month
- ♣ National Peanut Month
- ♣ National Women's History Month
- ♣ Red Cross Month
- ♣ Social Workers Month

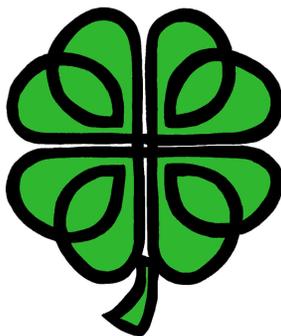
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Brain Exercise Answers

#79



	1	2		3	1	
2	1		3		8	1
7		1	4	4		3
	8	6		4	3	
3		9	6	1		2
5	1		2		4	2
	6	5		6	4	